

We believe that getting vaccinated is a critical step in protecting your health. Vaccines can help prevent common diseases that can be serious and costly for you or your loved ones.

Each year, thousands of adults in America suffer serious health problems (and some even die) from diseases they could be vaccinated against like whooping cough, hepatitis A and B, flu and pneumococcal diseases, and shingles. Older adults and those with chronic health conditions are at increased risk for complication from certain diseases.

Together, let's take an active role in helping you and your loved ones stay healthy. To learn more about vaccines for adults, visit www.cdc.gov/vaccines/adults or take a quick vaccine quiz at www.cdc.gov/vaccines/adultquiz.

Please take a moment to fill out the questionnaire below to help us determine which vaccines may be recommended for you based on your specific health status, age, and lifestyle. Keep in mind that this list may not include every vaccine you need.

Check all that apply to you	Let's discuss these recommended vaccines
<input type="checkbox"/> I am 19 years or older	<ul style="list-style-type: none"> Seasonal Flu (Influenza) vaccine every year Tetanus (Td) vaccine every 10 years One time dose of Whooping cough (Tdap) vaccine for all adults who have never received Tdap vaccine <div>PREGNANT WOMEN SHOULD GET A TDAP VACCINE DURING EACH PREGNANCY</div>
<input type="checkbox"/> I am 60 years or older	<ul style="list-style-type: none"> Shingles (Zoster) vaccine*
<input type="checkbox"/> I am 65 years or older	<ul style="list-style-type: none"> Pneumococcal (Polysaccharide) vaccine
<input type="checkbox"/> I didn't receive the Human papillomavirus (HPV) vaccine series as a child	<ul style="list-style-type: none"> HPV vaccine series (3 dose series) <ul style="list-style-type: none"> Female age 26 or younger Male age 21 or younger Male age 22-26 who has sex with men, who has a weakened immune system, or who has HIV
<input type="checkbox"/> I was born in the US in 1957 or after and don't have immunity against measles, mumps, and rubella	<ul style="list-style-type: none"> Measles, mumps, rubella (MMR) vaccine* (one dose)
<input type="checkbox"/> I was born in the US in 1980 or after and don't have immunity against chickenpox	<ul style="list-style-type: none"> Varicella "chickenpox" vaccine*
<input type="checkbox"/> I am a healthcare worker	<ul style="list-style-type: none"> Hepatitis B vaccine series Measles, mumps, rubella (MMR) vaccine* Varicella "chickenpox" vaccine*



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Healthcare Provider Office Information

<input type="checkbox"/> I have heart disease, asthma or chronic lung disease	<ul style="list-style-type: none"> • Pneumococcal polysaccharide vaccine
<input type="checkbox"/> I have type 1 or type 2 diabetes	<ul style="list-style-type: none"> • Hepatitis B vaccine series • Pneumococcal polysaccharide vaccine
<input type="checkbox"/> I have a weakened immune system	<ul style="list-style-type: none"> • Both types of pneumococcal vaccines (conjugate plus polysaccharide, get the conjugate vaccine first) • HPV vaccine series (if 26 years of age or younger and not previously vaccinated) • Hib vaccine (post-hematopoietic stem cell transplant only)
<input type="checkbox"/> I have HIV	<ul style="list-style-type: none"> • Hepatitis B vaccine series • Both types of pneumococcal vaccines (conjugate plus polysaccharide, get the conjugate vaccine first) • HPV vaccine series (if 26 years of age or younger and not previously vaccinated)
<input type="checkbox"/> I have chronic liver disease	<ul style="list-style-type: none"> • Hepatitis A vaccine series • Hepatitis B vaccine series • Pneumococcal polysaccharide vaccine
<input type="checkbox"/> I do not have a spleen or my spleen does not work well	<ul style="list-style-type: none"> • Hib vaccine • Meningococcal vaccine • Both types of pneumococcal vaccines (conjugate plus polysaccharide, get the conjugate vaccine first)
<input type="checkbox"/> I am a man who has sex with men	<ul style="list-style-type: none"> • Hepatitis A vaccine series • Hepatitis B vaccine series • HPV vaccine series (if 26 years of age or younger and not previously vaccinated)
<input type="checkbox"/> I am a laboratory worker and may be routinely exposed to isolates of <i>Neisseria meningitidis</i> , or specimens potentially containing hepatitis A or hepatitis B virus	<ul style="list-style-type: none"> • Hepatitis A vaccine series • Hepatitis B vaccine series • Meningococcal vaccine
<input type="checkbox"/> I am a college freshman living in a residence hall	<ul style="list-style-type: none"> • Meningococcal vaccine • Measles, mumps, rubella (MMR) vaccine*
<input type="checkbox"/> I am planning to travel out of the U.S.	<ul style="list-style-type: none"> • Talk to your healthcare professional to learn which vaccines you may need based on locations of travel.

*This is a live vaccine and should not be given to people who have a very weakened immune system, including those with a CD4 count less than 200, or to pregnant women.



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